

Stay heal and hearty throughout the year

STAR HEALTH DESK

Happy New Year. Millions of people around the world are thinking about New Year resolutions at this first day of the year 2011 to make a clean slate at the start. Health resolution among others is one of the most important issues that should be taken into count seriously. Health experts suggest some resolutions listed below to ensure that you become a little more health-wise.

Don't miss your walks

A brisk walk early in the morning or in the evening, five times a week can help you remain healthy all your life. You don't require an expensive gym to take care of your daily workout requirements. A brisk walk can help you burn anywhere between 150 to 200 calories in about half an hour. All you need to ensure is you never miss your walks.

Be wise at food

Try to focus on simply eating healthier, making one small change a week or one change a month. For example, I will resolve to eat a healthy breakfast, lunch and dinner one day a week. One of the best and easiest changes you can make to improve your diet is simply to

eat more food in its original form. Food that has been processed or chemically altered has less nutrition and is usually higher in fat. If you are eating something in its original form, it is more likely to be a fruit or vegetable, and it can not be bad. If it is meat or fish, then try to grill or bake it with little to no sauces or breading. If it is processed at all, look for items that have three ingredients or less. The more healthy food you eat, the more healthy food you will want to eat. Just make one of these changes, and you will feel a difference.

Quit smoking

If all those horrendous advertisements and terrorising photos have not been able to dither you from smoking it is time you start thinking about your loved ones. About all the passive smokers in your house — your wife and children, whose lives you have risked to preserve your passion for smoking. It is now or never! Give-up smoking on the eve of New Year and ensure that you add some extra years to the lives of those you love and also to your own life rather than deduct them, every single time you lit yourself a cigarette.

Make a firm dedication and make these alterations in your life. This will surely keep you heal and hearty.



COCHLEAR IMPLANT

Cochlear Implant surgery again at Mitford Hospital

One in every thousand people in Bangladesh is born with deafness. An estimated thirty thousand people are currently living with severe deafness. For people with severe to profound deafness, cochlear implant surgery is a revolutionary surgery performed to produce useful hearing sensations to them. Unlike a hearing aid, it does not make sound louder or clearer. Instead, the device bypasses non functioning parts of the hearing system and directly stimulates the nerve of hearing, allowing deaf individuals to receive sound.

The surgery first started in ENT department of Mitford Hospital at government level in December, 2006. In last December, the surgery was performed again for third time in Sir Salimullah Medical College and Mitford Hospital under ENT surgeon Professor Dr Md Zahedul Alam. Professor Pran Gopal Dutta inaugurated the event this year.

Children born with congenital deafness or who become deaf after birth are the suitable candidates for cochlear implantations.



LOOKING BACK 2010

Key health issues in focus

The year 2010 started with the jolt of a devastating earthquake in Haiti and is about to end with record number of death from cholera outbreak in the same place. As days commenced, the year was marked starkly with some other natural disasters remarkable the flood in Pakistan. People have faced public health challenges with notable events like drug-resistant tuberculosis at record high levels, post pandemic period of H1N1 influenza virus etc. But it was also a year of significant achievement of health related MDG in reducing maternal and child mortality, implementation of an affordable meningitis vaccine to eliminate one of Africa's biggest health problems.

Haiti: Devastated by earthquake and cholera outbreak

In January 12, a severe earthquake struck Haiti, inflicting large-scale damage. According to Haitian government an estimated 230,000 people had died, 300,000 had been injured and 1,000,000 made homeless. When Haitians were struggling to rebuild their life, they were struck by disastrous cholera later in the year. According to the reports issued by Haiti health ministry, the death toll due to cholera has so far claimed more than 2,000 lives.

Drug-resistant TB at record high levels

In some areas of the world, one in four people with tuberculosis becomes ill with a form of the disease that can no longer be treated with standard drugs regimens, according to World Health Organisation. WHO urged certain countries including Bangladesh to obtain information through continuous surveillance about Multi-Drug Resistant TB (MDR-TB).

H1N1 in post-pandemic period

Following the pandemic of 2009, the H1N1 virus had largely run its course by August 2010 and had entered a post-pandemic period. Based on knowledge of past pandemics, WHO expects the H1N1 virus to continue to circulate as a seasonal virus for some years to come, and issued

guidance on epidemiological and virological monitoring, vaccination, and the clinical management of cases.

Disastrous flood affecting more than six million people in Pakistan

About 6.7 million people have been marooned during the Pakistan flood crisis this year. They have been coping to access basic health needs including safe water, medicine.

Urban planning essential for health

More than half of the world's population now live in urban areas. On World Health Day, 7 April, WHO launched a campaign and called for policy-makers to take action targeting health inequities.



Progress in health-related Millennium Development Goals

WHO's world health statistics 2010 and trends in maternal mortality, highlighted progress towards reaching the Millennium Development Goals. Since 1990: deaths of young children have decreased by one third and the number of women dying due to complications during pregnancy and childbirth has decreased by 34 percent. But such gains are precarious and the world needs strong leadership to consolidate successes and meet the goals by the 2015 deadline.

Finally, there is good news. A new, affordable and effective vaccine against meningitis has been introduced to wipe out a disease that threatens the lives and health of more than 450 million in the African region.

Source: World Health Organisation

Globally the cost of diabetes care has doubled

DR MD SHAMIM HAYDER TALUKDER and SHUSMITA HOSSAIN KHAN

Diabetes, often thought as a disease for rich people affects the mass regardless of their socio-economic status. Being a developing country, Bangladesh is one of the most vulnerable countries who fall down as a victim of this silent epidemic. This life long disease cannot be cured and is very expensive to manage. Furthermore in the last few decades the cost has also risen.

Apart from other complications, Diabetes imposes large economic burden on the national healthcare system. According to the Diabetes Atlas – 4th Edition – globally the healthcare expenditures on diabetes accounts for 11.6 percent of the total healthcare expenditure in 2010. About 95% of the countries would spend 5% or more, and about 80% of the countries would spend between 5% and 13% of their total healthcare dollars on diabetes.

In 2010 the global health expenditure to prevent and treat diabetes and its complications costs at least 376 billion USD. By 2030, this number will exceed some 490 billion USD. Moreover, more money is expected to be spent on diabetes care for women than for men. In Bangladesh in 2010 the mean health expenditure per person with diabetes was 21 USD which is around 4% of the per capita income. This is just the tip of the iceberg as sufficient data is scarce to get the actual scenario.

The largest economic burden caused



by diabetes is the monetary value associated with disability and loss of life as a result of the disease itself and its related complications, including heart, kidney, eye and foot disease. Fortunately, the economic burden of diabetes can be reduced by implementing many inexpensive, easy-to-use interventions, and most of the interventions are cost-effective or cost-saving, even in the poorest countries.

Tragically, these interventions are not widely used in poor and middle income countries like Bangladesh. More resources should be invested to deliver these cost-effective interventions, in particular to those in the developing countries where the great majority of persons with diabetes live.

The writers are the executives of Eminence.

Knowing for better living

In Bangladesh ...

60 lac people are suffering from Diabetes !

Exercise regularly

Check your diabetes regularly

Cut extra calories from your diet

Control your body weight

Consult your Doctor



In Search of Excellence

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